Welcome to this rendition of the Haries Alumni Newsletter! As it’s the start of a new year, we thought we’d update you on recent events, as well as exciting things to come!

**THIS ISSUE**

What more could you ask for from the Club of the Year (nominated for a second year running in the upcoming Sports Union Ball, so stay tuned)?? It was a jam-packed first semester, with lots of running-related success as well as some non-running-related fun. But there are also some big things planned for semester 2, so get hyped!

**BRAIDS 2019**

Green and brown vests lined the start-lines for both the 5 and 10km, bringing both individual and team success. Edinburgh Uni boys were 2nd team in the 5km while the girls were 1st, and the results were reversed in the 10km. (Alex) Leitch and Cat McGill somehow stormed both races in very respectable times, and Scott Fraser finished 10th, with Jill Stephen 2nd in the 10km. A good day all round! It wasn’t just about the running though, as social sec Katie Lowery organised a cracking post-race social. With visitors from other uni’s, the haggis and ceilidh went down a real treat! HBT boatracers were in stellar form as per, as were the ceilidh skills on show. Another big thanks to all attendees and hosts, we could not have done it without you!

**RACE SUMMARY**

Our first success of the semester came at the East District XC Relays, in Livingston. Our girls A team, made up of Holly Page, Zoe Pflug and Rebecca Johnstone finished in second place, clocking their first piece of silverware of the semester. There was Haries-Central rivalry and pre race hype, and the race certainly lived up to the chat, with Elisha De Mello, Alex Carcas and Max Milarvie setting up a big battle between Jack Leitch and Central’s Ali Hay. Jack ran the fourth fastest leg of the day, resulting in the Haries taking home the gold medal!

The Haries were out in force at the FRA’s, with the woman’s A team picking up a bronze medal, the woman’s B team finished 15th and the boys came home in 9th spot!

The last weekend in October was certainly a busy one, with Harie’s vests being worn all over the UK. Furthest south, we had 28 Haries reppin’ the vest in Manchester, in the 2019 edition of the Manchester Uni Relays. The boys team finished in 15th place overall, whilst the girls finished in 13th spot. The National XC Relays in Cumbernauld saw the girls team, made up of Rebecca Johnson, Constance Nankivel and Holly Page won by over 70 seconds, for a fourth year in a row. Max Milarvie, Jack Leitch and Matt Dailey all ran 10k (9.977k) pb’s at the Leeds Abbey Dash.

The cross country season continued and both the boys and girls managed to defend their titles at the Scottish Student Sport champs at Camperdown Country park, with Jack Leitch winning the mens race and Constance Nankivel taking the bronze medal in the women’s race.

The girls cross country domination continued, winning the gold team medal in Kirkcaldy at National Short Course Champs and a bronze U20 medal in the form of Holly Page.

Plenty of Haries headed to Liverpool for the British Cross Challenge cross country event, with Scotland call ups for Max Milarvie, Jack Leitch and Zoe Pflug. There was more cross country action in Stirling in the shape of the East League and the boys finished second behind an Andy Butchart lead Central team.

The semester was rounded off at Piperdam at the East District championships, with lots of great performances all round.
Shenanigans with HBT did not end at Braids, as we also had a joint training and pub evening with HBT. Once we were paired up with our brown allies, Mickey G led a parlauf session that went down a storm. We all then dragged our tired legs to Greenmantle for some pints, burgers and class chat, it’s safe to say fun was had by all!

**UPCOMING EVENTS**

- Beer ‘n’ Skittles on Saturday 18th January – keep an eye out for the Facebook event on this one! We’ll be heading to Murrayfield Stadium once again for the classic Beer ‘n’ Skittles extravaganza. Pints will be poured, skittles will be floored and strikes will (hopefully) be scored!

- Over the Hill will be held on Sunday 16th February. It is a two-leg race in Holyrood park in classic Harie-vs-HBT fashion. More details to be announced closer to the time, but with a post-race pub excursion and some fun prizes, this is not one to be missed!

- En:spire RED-S awareness event Wednesday 15th January 2pm – Join us at Appleton Tower for an information session on how to maintain and optimise health and performance in sport. Registered dietician Renee McGregor and endocrinologist Nicky McKeay are leading experts in the field of RED-S (relative energy deficiency in sport). If you’re interested in ways to optimise sporting success and physical and mental health, come along to this event! Check out http://haries.eusu.ed.ac.uk for more details.

**Volunteering**

The Haries have been involved in a variety of events throughout the last few months, and we’re always grateful for their continued help and support. Volunteers have been spotted at the Edinburgh Sports Union Zombie 5k, Scurry Event Newhailes Winter Run and Hermitage of Braids Festive Runs, as well as Scottish Disability Sport XC, to name a few! Please get in touch if you fancy volunteering or being involved in future events, the more the merrier!

**Upcoming races**

With the end of the cross-country season approaching, the stakes are heating up (and not only in the Harie Fantasy League!). Some big races (and hopefully some big results) are coming, including inter-Districts, nationals and BUCS (2nd February in our very own city – so come along and support!). There is also a new, alumni race this year - contact euhhssecretary@gmail.com if you would like more information about this! Following that, we’ll be kept busy with various hill races, road relays and championships, taking us right into summer!